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FOR A TASTY BRUNCH
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HEAT CAN'T KEEP
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TO WINNING
START IN
PRE-SEASON**
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Monday,
August 22, 2011
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News worth
sharing.

Premiership. Final

► Valley United keeper Leisha Doyle knocks away a shot from Halifax Dunbrack's Leanne Huck during the first half of yesterday's women's EastLink Premiership final at Mainland Common. Huck would score later in the game to lead Halifax to a 1-0 victory. Story, page 18.



RYAN TAPLIN/METRO

Huck leads Dunbrack to victory

Speak out to solve deaths, mayor urges

► Kelly says HRM working with Ottawa, province on gang issue ► \$4 million spent this year on upfront intervention model

Mayor Peter Kelly says HRM's ballooning homicide rate is "a major concern."

He says Halifax police are doing what they can to bring those responsible to justice, but it's made difficult by the refusal of some to come forward.

"(Police) are out there trying to bring the charges, but in this culture also ... those who know things, don't come out to speak," Kelly said yesterday.

"So if we are going to resolve these situations, then we need those involved who have information to step forward. They can't continually hold back the information when they know the information but are afraid or concerned to speak."

HRM's 2011 homicide total of 13 is the highest it's been in at least six years. Of the 13, five have been solved. Police say they expect charges or resolutions in several

"We are investing, but we need to get into the mindset and change that mindset that a murder is not and should not be the outcome." MAYOR PETER KELLY

other cases soon.

Kelly said the amount of drug activity surrounding the majority of the murders is "problematic."

"It's disconcerting and something we really have to get into in terms of an overall understanding of this gang and drug culture," he said.

"What we need to do is work with Ottawa and their resources, work with the province and their resources, and of course with our own resources to go after these individuals who believe gunplay is a way to solve their problems."

● PHILIP CROUCHER

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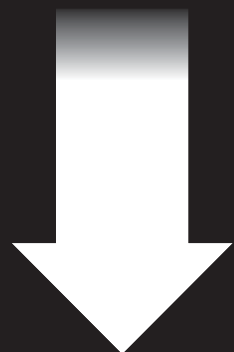
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Man struck, killed on Highway 111

Police say they don't why a 22-year-old Dartmouth man was in the middle of Highway 111 prior to being stuck and killed by a car near Burnside early yesterday morning.

Halifax Regional Police say the accident on the Circumferential Highway happened just before 3 a.m., heading eastbound towards Burnside Drive near Ramp 113A.

The man was pronounced dead at the scene.

"We don't know exactly the circumstances that brought it to that position, but what we do know is he was out in the middle of the lanes when he was impacted by the vehicle," said police spokesman Sgt. Kevin McNeil.

"The car wasn't able to see him in time. He was just there — very quickly."

McNeil said he didn't know if alcohol played a part in the man heading out onto the highway, or where he came from.

Highway 111 between Windmill Road and Burnside Drive was closed for about three hours as police investigated the accident.

McNeil said there were no other injuries.

● PHILIP CROUCHER

Investigation

► Police say there are charges coming from the incident.

An Incredible Picnic takes over waterfront

► Petting zoo, face painting and agriculture exhibits — plus an artificial beach — delight crowd ► Temperature reached low 30s with humidex

RYAN TAPLIN/METRO



► Three-year-old Ellis Dummer chomps on some corn at the 2011 Incredible Picnic on the Halifax waterfront yesterday.



ALEX BOUTILIER
@METRONEWS.CA

Hundreds beat the heat on the Halifax waterfront yesterday by taking part in an unusual picnic.

The parking lot at the foot of Salter Street was converted into the grounds for an Incredible Picnic — one of several put on by the Department of Agriculture across the province this summer.

Vendors hocking local fair were lined across a large tent, offering every-

thing from pulled-pork sandwiches and coffee to the ever-popular lobster rolls. Picnickers had the chance to chat with chefs and owners to learn about where their food came from and how it was prepared.

"We've got great participation from the chefs, who are big supporters of local (food)," said Jennifer Reynolds, with the agriculture department.

Reynolds was manning one of the most popular booths: free barbecued corn on the cob, picked fresh

from a local farm that morning.

The Sands at Salter will play host to a five-day under-21 beach volleyball tournament from Aug. 31 to Sept. 4. The event will bring 96 teams from 30 countries to the Halifax waterfront.

In the meantime, the lot will be used as a temporary green space, featuring 66 truck loads of sand to make a free public "beach."

"It's wonderful. We should have this once a year, even," said Lois Bergeron, who made the trip

Province's picnics

► Yesterday's event was one of 12 Incredible Picnics across the province this summer. For a schedule for remaining picnics, at selectnovascotia.ca.

downtown from Spryfield yesterday.

Bergeron and her friend Ethel Smith said they come to the waterfront often, but agreed the parking-lot-turned-picnic-space was a welcome addition to the experience.

1

news


Rather embarrassing data leaks highlight the risks of storing medical records online. Scan code for story.

On the web at metronews.ca

A Canadian citizen gets a rude surprise after attempting to sponsor his parents to Canada. Guidy Mamann has more at metronews.ca/immigration

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GAS STATION BLOCKADE

Protesters want meeting with band council

Protesters who have barricaded a Mi'kmaq gas station in southern Nova Scotia after workers were laid off say they will stay put until they get a meeting with the entire band council.

The peaceful blockade of the Gold Nugget gasoline station in Gold River, near Lunenburg, started on Tuesday after 10 workers were laid off by the Acadia First Nation band.

Stacie Pennell, a spokeswoman for the protesters, says a meeting yesterday with Chief Deborah Robinson didn't resolve any of

4 Gold River reserve is one of the four communities that belong to the Yarmouth-based Acadia First Nation band.

their grievances.

Pennell says Robinson told them that the gas bar would remain open but 10 video-lottery terminals would be moved because they were not profitable.

The blockade originally began in an effort to restore the jobs of the workers but has since expanded to address other grievances about social services and Robinson's leadership.

Pennell says Robinson told them she would be in touch about a meeting with the entire council.

Robinson did not return an email request for comment.

THE CANADIAN PRESS

Centenary. Celebration



▶ A cannon is fired during a 21-gun salute at the Halifax Citadel yesterday.

RYAN TAPLIN/METRO

They're off with a bang

The salute was part of the Fab Forts Weekend — an event celebrating Parks Canada's 100th anniversary.

Public asked to weigh in on new council districts

- ▶ Two options for new district boundaries floated by HRM
- ▶ 'Can't please everyone' in moving from 23 to 16 councillors: Mayor



ALEX BOUTILIER
@METRONEWS.CA

The Halifax Regional Municipality is asking residents to weigh in on redrawing polling-district boundaries.

A survey launched on the municipality's website on Friday aims at collecting feedback on several issues related to the boundary-review process, including desired councillor-to-constituent ratio.

"I'm sure (the survey will) bring a lot of commentary both from inside council and from the public, that's for sure," Mayor Peter Kelly said yesterday.

Last month, the Nova Scotia Utility and Review Board ruled Halifax regional council should be cut by seven polling districts. Currently, there are 23 regional councillors plus a mayor. When Haligonians head to the polls next fall, they'll be voting in 16 councillors and a mayor.

But before then, the UARB will have to decide where — and how many people — those 16 councillors will represent. The average number of constituents per district will increase to about 20,475 per councillor with 16 districts, up from 16,200.

"There are going to be some challenges, absolutely, but also some opportunities there to also plan and work for the future."

MAYOR PETER KELLY

Council will not be directly involved in that process. Councillors can make recommendations on the coming districts internally, but will not debate the issue.

Kelly predicted some challenges throughout the

process, but the UARB should focus on keeping distinct communities under one district.

"When you have to go from 23 to 16, you can't please everyone," Kelly said. "But it doesn't mean you can't try to make sure you keep intact the communities of interest and long-established neighbourhoods as best you can."

Two options for new boundaries are floated in the survey, but Kelly stressed they were preliminary and require public feedback before being passed off to the UARB.

● WITH FILES FROM PHILIP CROUCHER

Police investigate vandalism, attempted arson

RCMP in the Halifax area are investigating a case of vandalism and attempted arson.

Police were called to a

home Friday on Greenwood Avenue in Timberlea and found two vehicles that had been vandalized. Police say the windows were smashed and the tires flattened.

A bottle containing flammable liquid and stuffed with a paper towel was also found.

THE CANADIAN PRESS

Man drowns in Kejimikujik park

A search is underway for the body of a man who drowned while camping with his family in Nova Scotia's Kejimikujik National Park.

RCMP spokesman Const. Les Kakonyi says the man was swimming in the Mills Falls area of the park

yesterday when he got into trouble.

Kakonyi says the man is in his 40s but it's not clear if he is from the area or a tourist.

A ground search-and-rescue team has joined police in the search effort.

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Running to show support

About 1,000 runners came out for yesterday's 25th annual Navy 10K run in the north end of Halifax.

Hosted by Canadian Forces Halifax Personnel Support Programs, the race is dedicated to the work done by those in the Royal Canadian Navy and

the entire Canadian Forces.

More than 400 participants this year were from military members and their families, a navy release said yesterday.


"It's an awesome family event," Rear Admiral David Gardam, the commander

of Maritime Forces Atlantic, said in the release.

"The Navy has been doing this for 25 years. It's all about bringing the military family together."

The start-finish line was at the Maritime Command Museum entrance of Stadacona. ● METRO

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► Natural Resources Minister Charlie Parker, shown in this file photo, was in St. John's for Friday's announcement.

Critics dismiss loan-guarantee deal

► Project would provide Nova Scotia with 170 megawatts of energy annually

A tentative deal that would see Ottawa provide a loan guarantee for the proposed \$6.2-billion Muskrat Falls hydroelectric project has been dismissed by critics in Newfoundland and Labrador as little more than political window dressing, weeks ahead of a provincial election.

The governments of Newfoundland and Labrador, Nova Scotia and the federal government signed a memorandum of agreement that puts in writing a promise made earlier this year by Prime Minister Stephen Harper to support the massive

Agreement

► **Savings.** Nova Scotia Natural Resources Minister Charlie Parker said he believes Friday's agreement would result in millions in savings for people in his province, too.

power project.

Federal Natural Resources Minister Joe Oliver couldn't say how much in savings would result from the loan guarantee, adding Ottawa must first hire financial advisers to help finalize the agreement by Nov. 30.

"We are committed and now we are working on the specific mechanics," Oliver told a news conference in St. John's.

The lack of specifics set off a torrent of criticism from Newfoundland's opposition parties, which are gearing up for an election set for Oct. 11.

The deal is merely "an agreement to agree," shrugged NDP Leader Lorraine Michael, who wondered aloud what has happened since Harper committed in March to back Muskrat Falls during the federal election campaign.

THE CANADIAN PRESS

CRIME

Large quantity of lobsters seized

Charges are pending against three men following the seizure of what is being described as a large quantity of lobsters in western No-

va Scotia.

Fisheries officers boarded a boat off Wedgeport near the Tusket Islands early Thursday. An undisclosed quantity of lobsters and 71 traps were seized, along with the vessel.

Dan Fleck, a spokesman for the federal Fisheries Department, says the investigation continues and more details will be released later.

THE CANADIAN PRESS

Missing woman located

A 26-year-old woman who went missing from a Sydney hospital on Friday has been found.

The Cape Breton Regional Police said today in a news release that Caitlin Elizabeth Cameron was located at 7:30 p.m. on Saturday night. THE CANADIAN PRESS

First Air says cause of crash unknown

► Two survivors sent to Ottawa General Hospital ► All four of the plane's crew are among the dead

The owner of a jet that crashed into a hillside near the remote High Arctic community of Resolute said yesterday it doesn't know why the 737 went down, killing 12 and injuring three.

"At this time, the cause of the accident is unknown," said First Air spokesman Christopher Ferris.

"Our thoughts and focus are with the families and friends of the passengers and crew and the community."

Hamlet residents and

Arctic changes

Saturday's crash proves the need for Canada to be able to mount fast, effective search and rescue efforts in the North, say Arctic experts.

soldiers from nearby military exercises rushed to the scene of the crash Saturday in a desperate effort to try to pull survivors from the wreckage.

THE CANADIAN PRESS



► Members of the Canadian Armed Forces carry a victim of a plane crash in Resolute Bay, Nunavut, on Saturday.

Stealth snowmobile planned

The Department of National Defence plans to develop a new stealth snowmobile for covert military operations in Canada's Arctic, with \$550,000 set aside to build a prototype.

Ottawa has posted a public tender for a hybrid-electric snowmobile that would allow Canadian Forces soldiers to swoop silently across the frozen landscape.

The vehicle might be the most unconventional tool in the arsenal of a Conservative government promising to beef up Canada's military might in the North.

A government spokeswoman could not immediately provide information as to why the military would need snowmobiles for clandestine operations.

THE CANADIAN PRESS



► Canadian Ranger Joe Amarualik stands beside his snowmobile during a sovereignty patrol on Ellesmere Island, Nunavut.

Tornado devastates picturesque Ontario town

A powerful tornado that swept through the southwestern Ontario town of Goderich yesterday afternoon killed one person and caused severe devastation in the picturesque community.

Downtown business-

es, century old buildings and several churches lost their roofs and upper floors as the twister ripped through Goderich.

Images show downed power lines, trees and debris strewn across streets, while witnesses described cars being picked up and thrown like toys.

Police identified the victim as Norman Laberge, 61, of Lucknow, Ont.

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Your Council. Your Say.

HRM's District Boundary Review

On July 27, 2011 the Nova Scotia Utility and Review Board (NSUARB) released their decision that there will be 16 Polling Districts and Councillors plus the Mayor to represent residents of HRM in the 2012 Municipal Election.

The change from 23 to 16 Districts will mean the new polling districts in HRM will be quite different from what they are today.

Starting Saturday, Aug 20th 2011, HRM residents will have an opportunity to participate in an online survey and provide input on several options for boundary changes. Your views are important, and will help HRM determine the 16 polling district boundaries. The survey is available on HRM's website www.halifax.ca/boundaryreview

The Nova Scotia Utility and Review Board (NSUARB) will also be holding a public hearing to hear the views of the public on the proposed district boundaries.



► People celebrate the capture in Tripoli of Moammar Gadhafi's son and one-time heir apparent, Seif al-Islam, at the rebel-held town of Benghazi, Libya, early Monday.

Gadhafi forces finally collapse

► After six months of deadlock, rebels advanced more than 20 miles to Tripoli ► Attacks launched with NATO

Libyan rebels raced into Tripoli in a lightning advance yesterday that met little resistance as Moammar Gadhafi's defenders melted away and his 40-year rule appeared to rapidly crumble. The euphoric fighters celebrated with Tripoli residents.

Opposition fighters captured Gadhafi's son and one-time heir apparent, Seif al-Islam. The prosecutor at the International Criminal Court in the Netherlands said he would contact the rebels to discuss his handover for trial on charges of crimes against humanity.

The rebels easily advanced from the west, took town after town, overwhelmed a major military

base, then swept into the capital in a stunning turning of the tide.

The fighters and supportive residents flooded Green Square, shooting in the air in celebration, clapping and waving the rebels' tri-colour flag. Some set fire to the green flag of Gadhafi's regime and shot holes in a poster with his image.

Gadhafi's whereabouts yesterday were unknown. But he delivered a series of angry and defiant audio messages broadcast on state television, calling on his supporters to march in the streets of the capital and "purify it" from "the rats." He was not shown in the messages.

THE ASSOCIATED PRESS

Battle Briefing

- Uprising against Gadhafi broke out in mid-February, and anti-regime protests quickly spread.
- Brutal regime crackdown transformed the protests into an armed rebellion.
- Rebels seized Libya's east, setting up an internationally recognized government, and two pockets in the west, the port city of Misrata and the Nafusa mountain range.
- Green Square has been the site of night rallies by Gadhafi supporters.
- In August, thousands of rebel fighters joined an offensive launched from the mountains to the coast.

Ruler's reign never failed to fascinate

Moammar Gadhafi is the Arab world's longest-ruling, most erratic, fascinating leader — presiding for 42 years over this North African desert republic with vast oil reserves and

just six million people.

He was an international pariah blamed for the 1988 bombing of a Pan Am jet over Scotland, which killed 270 people. After years of denial, Libya acknowl-

edged responsibility and agreed to pay up to \$10 million to victims' relatives, easing him back into the international community. A speech he gave in February fueled the rebellion.

THE ASSOCIATED PRESS

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Police arrest dozens of pipeline protesters

► Activists say pipeline is disaster waiting to happen

A Canadian woman was among as many as 50 environmental activists handcuffed and taken to jail yesterday on the second day of peaceful White House protests against TransCanada's Keystone XL pipeline.

Dozens were already arrested outside the White House on Saturday, the opening day of a two-week civil-disobedience campaign. They're expected to be released tonight.

By noon yesterday, police began arresting more demonstrators, including Patricia Warwick, 68, of

Toronto. They are facing charges of failing to obey an order governing protests on the sidewalk.

U.S. President Barack Obama will decide by the end of the year whether to

allow TransCanada to build the \$7 billion pipeline. It would carry millions of barrels of Alberta oilsands crude a week through the U.S. and to Gulf Coast refineries. **THE CANADIAN PRESS**

Market moment

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Abdicating. King



RICHARD DREW/THE ASSOCIATED PRESS FILE

Burger mascot to hang up crown

The fast food company, which has suffered declining sales, is rolling out a new advertising campaign, sans The King, that will focus on its burgers.

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PASSING A MOTION WITH 137 'LIKES'

URBAN COMPASS

STEPHEN KIMBER
METRO HALIFAX



Government by Facebook post? We could do worse. We do. Read any report or transcript of any Halifax

council meeting.

And then consider this.

On Thursday afternoon, Bedford Coun. Tim Outhit posted on his Facebook wall: "\$20 million to widen Bayers Road, or \$25 million to launch an initial commuter rail service?"

He invited his Facebook friends to weigh in. By Saturday morning, he'd had 67 responses.

Most — perhaps no surprise — favoured rail. Far more interesting — and perhaps surprising — was the quality of the discussion.

Outhit's question followed a February staff report he'd asked for on the scheme's feasibility.

Staff estimated a five-stop service between Windsor Junction and the Via station through existing rail corridors would cost \$31 million to launch plus \$6.5 million annually.

Starting the service initially at Bedford, of course, would make it cheaper — and therefore comparable to the controversial scheme to widen Bayers Road to accommodate more gas-guzzling, on-the-road-to-no-place-to-

park one-rider automobiles.

During the Facebook exchanges, official reports and blog posts were referenced and linked, significant questions asked and answered.

John Wesley Chisholm posted a link on the history of a Truro-Halifax commuter-rail system that operated until the Halifax Explosion.

"This is not a dream or fantasy," he wrote. "This is Halifax as it was planned and intended to work.... We could make it happen."

"Start with Bedford to Halifax," allowed Wayne Mason, but then add more stops "and a huge park-and-ride terminal at Duke.... Let's get low-floor rail that can operate as streetcars, like Austin, Texas, but can go on freight rails, and then drive a rail down Hollis, all the way to and through (the) dockyard."

Even those, like Mike Flemming, who argued, "We do not have the population base to make (commuter-rail) service economically viable," pushed for a more "efficient transit system that brings commuters from the outskirts to transit hubs."

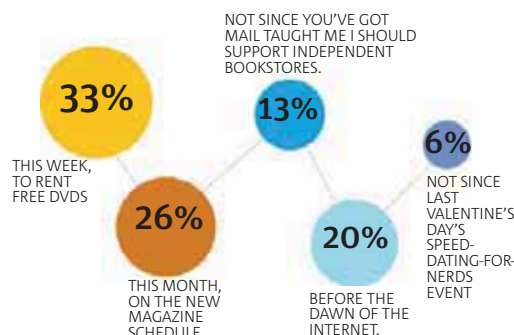
"Let's invest in the future of transportation instead of extending the agony of the current inefficient and doomed mode of transportation that is the single-commuter car (or SUV)," summed up Tom Servaes, adding wistfully: "I'd love to zip along the Basin reading my email on the way into the city."

Would that city council sessions sounded so sensible.



Register at
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and take the quick poll

When was the last time you visited a library?



Worth Mentioning

ANTI-AGING. Baby boomers heading into what used to be called retirement age are providing a 70-million-member-strong market for legions of companies, entrepreneurs and cosmetic surgeons eager to capitalize on their "forever young" mindset, whether via wrinkle creams, facelifts or workout regimens.

It adds up to potential bonanza. The market-research firm Global Industry Analysts projects that a boomer-fuelled consumer base, "seeking to keep the dreaded signs of aging at bay," will push the U.S. market for anti-aging products from about \$80 billion now to more than \$114 billion by 2015.

From organizations such as the National Institute on Aging, the general advice is to be a skeptical consumer on guard for possible scams involving purported anti-aging products.

"Our culture places great value on staying young, but aging is normal," the institute says. "Despite claims about pills or treatments that lead to endless youth, no treatments have been proven to slow or reverse the aging process."

THE ASSOCIATED PRESS

Local tweets



► **@ery2887:** Waited in line at @bestbuy

#halifax with 40 people this am only to discover the HP TouchPad that was in stock was a returned unit. #fail

► **@iandrake:** Ice bath + smoothie after 26 km in "feels like" 31 degree heat = Heaven. #runnerds #halifax

► **@Mystek23:** Living in Halifax now! We moved in yesterday, still lots of unpacking to do, but I'm lovin' it! :D

► **@jessikapetten:** Halifax

#farmersmarket.. Was a bust. Was looking forward to spending some monies. Mom must have called ahead and told them I was coming

► **@OhSusannah63:** My only dilemma today is whether to have coffee on the Dartmouth or the Halifax side...

► **@premieremc:** Gorgeous day out in #Halifax! Cherish the summer while we still have it

► **@MeganLeslieMP:** Ohmy-gosh it smells good at the #IncrEdible picnic #Halifax! And the sweet Laura Peek is playing. Perfect.

Cartoon by Michael de Adder



WEIRD NEWS

Rebel-lious festivalgoers hit look-alike

A British comedian says he was attacked with a bottle at the Edinburgh Fringe Festival while dressed as Moammar Gadhafi.

Jeff Mirza was handing out flyers on the street for his show, dressed as the embattled Libyan leader,

when a man approached and asked for a cigarette. Mirza said he shook his head and the man walked on, but when Mirza turned around he was hit on the back of the head with a bottle. He was not seriously hurt.

Mirza is at the annual festival with his show Jihad: Heresy or Hearsay.

The comedian said yesterday that most festivalgoers had been welcoming. He said "most people at the

Fringe get the joke of me being dressed up as a washed-up dictator trying to sell the show."

Police say they do not believe the attack was racially motivated.

THE ASSOCIATED PRESS

► **Libyan leader Moammar Gadhafi**

PIER PAOLO CITTO/THE ASSOCIATED PRESS

His grotesque love affair

► Hard work and horror drive Guillermo del Toro ► Filmmaker seeks the extraordinary in the ordinary



► Film writer and producer Guillermo del Toro, seen here with *Don't Be Afraid of the Dark* star Bailee Madison, has loved the horror genre since childhood.



RICHARD CROUSE
SCENE@METRONews.ca

Guillermo del Toro may be the world's cuddliest boogeyman. When I enter the hotel room to interview the 47 year old producer of *Don't Be Afraid of the Dark*, he stands up and hugs me. Not exactly what you anticipate from the master of horror.

But then again, surprises are his stock in trade. From the eerie Pale Man character in *Pan's Labyrinth* to the deadly mechanical scarab of *Cronos*, he has trained

viewers to expect the unexpected from his films.

A career spent scaring the pants off people has given the director some insight on why we like to be terrified at the movies.

"We try to look for the extraordinary in our ordinary lives," he says. "That's just the normal way we behave as spiritual beings. And horror movies allow us to live extraordinary experiences without having to go through extraordinary risk."

"I have a harder time understanding reality shows than I have a hard time un-

"The scariest thing about these creatures in the movie is that they are intelligent. They strategize. They literally find ways to get the upper hand against the humans"

DEL TORO ON THE MONSTERS IN *DON'T BE AFRAID OF THE DARK*

derstanding genre films. Because genre films give you something you don't get in real life. Reality shows give you people you would normally never talk to in real life. Why are you interested in watching them?"

Not that the self-described workaholic has much time to watch reality TV. When he's not execu-

tive producing Oscar nominated movies like *Biutiful*, he's writing the much anticipated *Lord of the Rings* film *The Hobbit: An Unexpected Journey*, or working on a new novel with his co-writer Chuck Hogan. Add to that the alien attack movie *Pacific Rim* which he'll spend the next year filming in Toronto and you have

one of the busiest men in the business.

"Hard work is pleasure for me," he says, adding that luckily, "I have been surrounded by a system of enabling family and I submerge myself in my work."

A horror fan since childhood, ("I read *Salem's Lot* in one sitting," he says. "Eleven hours from eight a.m. to seven p.m. outside in the pool. I had a second degree burn because of that!"), he has simple criteria for the projects he accepts.

"You should only get involved in things you love irrationally," he says.

2

scene

Box office



The *Help* took over the No. 1 spot with \$20.5 million in its second weekend. The drama about Southern black maids had debuted in second-place a week earlier. The *Help* raised its domestic total to \$71.8 million and bumped *Rise of the Planet of the Apes*, which slipped to No. 2 with \$16.3 million after two weekends at the top.

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Apes' actress, model, Estella Warren, ordered to rehab after pleading guilty in drunk driving case.

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When keeping it real goes wrong

► Experts fear more real-world turmoil for those who seek fame on reality TV series

Reality came crashing in on Russell Armstrong. With the second season of *The Real Housewives of Beverly Hills* set to premiere in a few weeks, and a pending lawsuit and divorce, the venture capitalist-turned-reality personality hanged himself.

Armstrong left behind no note explaining why, leaving others to indict and defend a genre that has seen its share of off-screen turmoil that often dwarfs the drama caught on camera.

The headlines include a murder, drug trafficking, overdoses, financial ruin, and custody disputes and divorces that play out in the tabloids as much as they do courtrooms. Experts caution reality TV is not solely to blame, but the full impact on its participants and audience is not yet known.

At least temporarily, Armstrong's suicide has shaken one of the genre's brashest franchises.

Bravo, which airs *The Real Housewives of Beverly Hills*, is re-editing the show's second season, which had planned to focus on the marital strife be-

tween Armstrong and his wife, Taylor. The network did not say how it would alter the unaired episodes, or whether it would incorporate any mentions of suicide prevention resources.

Beyond *Housewives*, few people, including Russell



► Russell Armstrong, right, and Taylor Armstrong.

EVAN AGOSTINI/THE ASSOCIATED PRESS

Armstrong's own attorney, expect the suicide to have broad implications for the reality show industry.

"I don't think it'll make any difference at all," attorney Ronald Richards said in an interview. He said he hoped the show would re-

"These shows are really not average Americans anymore. You have a lot of exhibitionists and people who want to get into the biz who are sacrificing themselves." STUART FISCHOFF, PROFESSOR AND FOUNDER OF THE JOURNAL MEDIA PSYCHOLOGY

move Armstrong from its storyline altogether, but said his client had been warned of the pitfalls of appearing in a reality series before signing on.

Housewives has since its debut in 2006 thrived on the divorces, foreclosures and tempers of its well-heeled cast members' lives. The Washington, D.C., version starred a couple accused of crashing a state dinner at the White House, and the first season of the New Jersey version ended with one housewife angrily calling a fellow cast member a "whore" and overturning a table while the woman's children looked on.

Stars of current hit shows such as *Jersey Shore* have revelled in bad behaviour, while even those that aim to help have been rocked by off-screen tragedy. Two alumni of *Celebrity Rehab* — actor Jeff Conaway and former *Alice In Chains* bassist Mike Starr have died after their seasons aired.

The precise impact of the shows on their stars' later lives is difficult to determine, yet the Armstrongs are just one of many couples whose relationship failures have been chronicled by reality TV.

The TLC-series *Jon and Kate Plus 8* was upended after it was revealed the couple's marriage was in shambles; the reconfigured show *Kate Plus 8* was recently cancelled.

Younger parents are also fair game, with shows such as *Teen Mom* showing not only the custody struggles of young mothers, but a street fight that had ended with charges being filed.

"It's really hard to know what would have happened to these people otherwise," said Karen Sternheimer, a sociology professor at the University of Southern California.

"We don't have a control group of other drama queens."

THE ASSOCIATED PRESS



Psychology

Major productions use psychological testing to try to predict how participants will respond to the pressures of the reality show.

"That's where the biggest problem lies as a psychologist," said Dr. Richard Levak, who helped develop psychological testing for early seasons of *Survivor*, *The Amazing Race* and *The Contender*.

"You don't know how they're going to unravel," he said.

Producers often want people on their shows who happen to have histories of being abused, depression or other issues. "The most colourful and interesting people were often the ones who have psychological issues," he said.

Kim, Kris tie the knot

Kris Humphries has officially caught up with Kim Kardashian. The basketball pro and the reality star are husband and wife.

Kardashian, 30, and Humphries, 26, tied the knot Saturday night in the exclusive Montecito area near Santa Barbara, California, Kardashian publicist Jill Fritzo told *People* magazine and *E!*

The ceremony will be

Famous guests

► Guests at the wedding included Demi Lovato, Mario Lopez, Eva Longoria, Sugar Ray Leonard, Alan Thicke and Lindsay Lohan.

televised as a two-part special on *E!* in October.

It is the first marriage for Humphries, who last played for the NBA's New

Jersey Nets, and the second for Kardashian, star of *E!'s Keeping Up with the Kardashians*. She was married to music producer Damon Thomas from 2000 to 2004.

People and *E!* reported Kardashian wore an ivory gown designed by Vera Wang. Her stepfather, Bruce Jenner, walked her down the aisle in front of 440 guests.

THE ASSOCIATED PRESS



► Kim Kardashian, right, and Kris Humphries.

MATT SAYLES/THE ASSOCIATED PRESS

Lilo passed over for movie role as troubled character

Oh the irony: Film director reluctant to work with Lohan given her negative reputation
Lindsay would have been 'perfect' for the role, says source

It's more work-related bad news for Lindsay Lohan, who reportedly lost out on a role in Magic Mike, a film loosely based on Channing Tatum's time as a stripper, according to E! Online.

"The character is trouble with a capital T, which

Lindsay would have been perfect for," a source says.

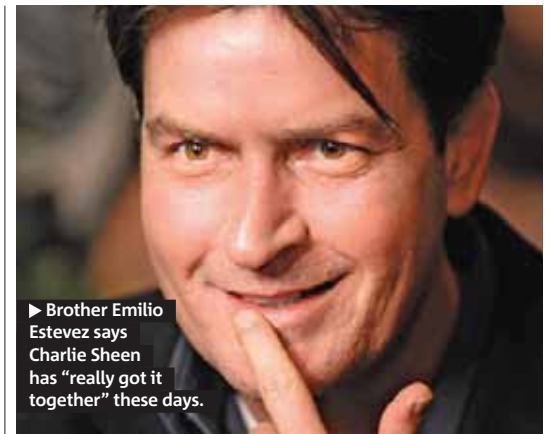
But director Steven Soderbergh didn't agree, so he cast Riley Keough in the role instead.

"He didn't want to deal with all that. Nobody wanted to go there," the source adds. **METRO**



Lindsay Lohan

ALL PHOTOS GETTY IMAGES



Brother Emilio Estevez says Charlie Sheen has "really got it together" these days.

Charlie Sheen version 2.0?

Charlie Sheen is ready for his comeback, at least as far as his brother Emilio Estevez is concerned.

"He's a different guy. He's a completely different guy. He's got his voice back. And I think he's got his focus," Estevez tells Access Hollywood about

the troubled former Two and a Half Men star.

"He's on a new show and he's going to be roasted by Comedy Central — which I think is going to be hysterical. I think that he's really got it together."

METRO

Jesse James and Kat Von D back on



Jesse James and Kat Von D

Despite calling off their engagement last month, Jesse James and Kat Von D are officially back together, according to People magazine.

"Sometimes you are only given one chance in

life," James tells the magazine.

"It was up to me to open my eyes and see it. That girl is my chance. I will never stop fighting and striving to hold on to her. Showing her how

special she is, and how much I love her."

It's a bit of good news for tattoo princess Von D, whose TLC reality show, LA Ink, was just cancelled.

METRO

Bieber fever alive and well

When 11-year-old Caroline Gonzalez was made mayor of Forney, Texas for a day, her first order of business was to give Main Street a new name: Justin Bieber Way.

"I just really like Justin Bieber, and I thought it would be cool if we had a street in our town named after him," Gonzales said of her decision. "I thought it was pretty cool, and if Justin Bieber was actually here, I'd probably faint."

Unfortunately, the new name proved too popular, as the sign was soon stolen.

"We don't know if it was really a crazed fan who de-



Justin Bieber

cided they had to have it or what," the town's regular mayor, Darren, Rozzell, says. **METRO**

Celebrity tweets



"Hang out with a cat-suited Jane Fonda? Check. #buck-etlist"

@therealzoeyd

"working 16 hour days gives me an amazing excuse to act like an old person. yay."



"I am not a vegetarian, by the way. If anyone saw that."



"I am not a vegetarian, by the way. If anyone saw that."

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- 4 Rihanna - California King Bed
- 3 Jason Derulo - Don't Wanna Go Home
- 2 Classified - Day Doesn't Die
- 1 David Guetta ft Flo Rida - Where Them Girls At

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3
life

A new study shows



... bed sharing, in which your baby sleeps next to you, doesn't necessarily result in developmental issues, according to a report from the Teachers College of Columbia University in New York City. The 944 kids — ages one through five — studied by researchers indicated there was no risk. **• MWN**



Organic purees for babies:
Tasty for little ones, handy for parents.

Tie the knot on a budget

► With Kim Kardashian's wedding nuptials to Kris Humphries rumoured to be in the millions of dollars, we take a look at wedding planning for those of us with thinner wallets

THE CANADIAN PRESS/ VINCENT ELKAIM

Decades of brides have walked down the aisle sporting something old, something new, something borrowed or something blue. Jessica Kavanagh's clients can also boast something black — the bottom line of their wedding day budget.

Kavanagh, 23, may have had to spend hours walking the bride through second-hand stores in search of the perfect dress and likely devoted days to arranging the nuptial flowers by hand to keep costs down, but believes the time is always well-spent.

Creating a big day on a small budget is a key focus of her Toronto event planning business, J. Kavanagh Events, and weddings are no exception. If anything,



► Wedding co-ordinator Jessica Kavanagh, right, arranges flowers with her client Alyson MacKenzie. Kavanagh offers wedding planning services for those on a budget.

Trim the fat

Here's some ways to save.

- **Invites**
Digital printing outlets offer a cheaper way to print wedding invites.
- **Wedding dress**
Visit a second-hand store for the dress, says Darsi Pizzalato. "Any item being used on the wedding day is being used for 12 hours. Unless she's doused a bottle of wine on her, the dress is still new."
- **Flowers**
Bouquets used for the ceremony can be reused as centrepieces at the reception.

Kavanagh says, a marriage celebration represents an ideal time to exercise fiscal restraint. "Yes, this is your wedding and it's so exciting and a big life moment, but this is like the pregame show to the marriage. It's only one day," Kavanagh said. "It's just a celebration, not the be-all-end-all of your life."

The first thing Kavanagh needs to adjust is not the price of the entire event but the expectations of the couple tying the knot, she said.

She urges couples to look beyond traditional

wedding vendors and time-honoured venues, saying conventional thinking can often lead to a dizzying price-tag.

Kavanagh's advice struck a chord with Alison MacKenzie, whose budget for her October wedding threatened to spiral out of control without some timely intervention.

She and her fiancé were willing to shell out for their wedding attire, their rings and an open bar reception, but felt the rest of needed a thrifter touch.

Their decision to serve cocktails and appetizers

instead of a sit-down dinner went a long way to keeping costs down, MacKenzie said, adding Kavanagh stepped in with other suggestions.

"Jessica was great about warming me up to the idea of doing our own flowers," she said. "You don't have to spend 50 to 100 bucks for centrepieces. We'll have flowers throughout the venue, but we'll do those ourselves."

MacKenzie's guests will mingle at the reception in the glow of cost-effective candlelight and munch on cupcakes instead of a tradi-

tional, pricier wedding cake. They won't leave bearing a conventional wedding favour, but will learn that a donation has been made in their name to a charity that matters to the couple.

MacKenzie said these decisions will allow her and her fiancé to celebrate their big day with a clear conscience. "We didn't want to be saddled with a huge Visa bill or debt at the end of it," she said. "That's a great way to start your marriage, 'Let's talk about a repayment plan.'"

THE CANADIAN PRESS



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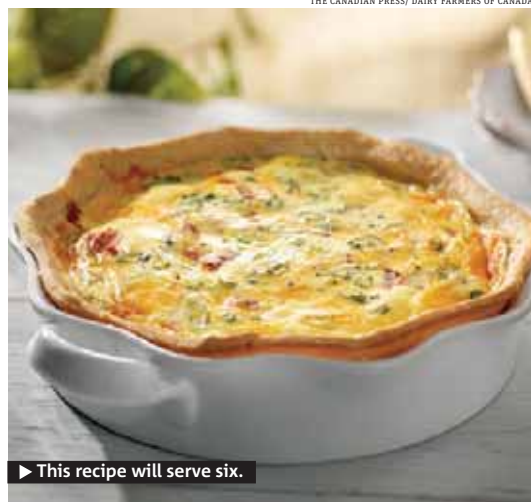
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A summertime quiche

► Cheese quiche with onions, red peppers & turkey will be a brunch hit

THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA



► This recipe will serve six.

Preparation:

- 1 Preheat oven to 190 C (375 F).
- 2 Sprinkle the cheese in the bottom of a pie shell. Add turkey, roasted red pepper and green onions; using fork, toss gently to combine and spread evenly.
- 3 In a medium bowl, whisk together cream and flour. Add eggs and salt and whisk until

everything is well combined. Slowly pour over cheese mixture, using fork to allow cream mixture to fill pie shell evenly. Bake the quiche on bottom rack for about 45 minutes or until top is golden, edges puff and knife inserted in centre comes out clean. Let cool for 10 minutes before cutting into wedges.

THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA

Ingredients:

- 1 unbaked frozen deep-dish pie shell (23 cm/9 inches), thawed
- 250 ml (1 cup) shredded 5-year-old cheddar cheese
- 250 ml (1 cup) diced cooked turkey or chicken
- 75 ml (1/3 cup) diced roasted red pepper
- 2 green onions, thinly sliced
- 175 ml (3/4 cup) 10 per cent cream
- 15 ml (1 tbsp) all-purpose flour
- 3 eggs
- 1 ml (1/4 tsp) salt

Using a few pantry staples like cream and eggs, this quiche can be whipped up for a patio brunch and will quickly become a family favourite.

Aged cheddar cheese adds a zip of flavour to turkey while the green onions and roasted red peppers add colour and texture.

Rose Reisman's Swap It

Salads are always disguised as the healthier choice since vegetables are "free foods." But fried additions and high fat dressings destroy any health benefits.

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area.

Worldwide, there are about eight million cell phone users.

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But the reality is that only 12 per cent of used mobile devices are being recycled in Canada.

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Recycle My Cell accepts cellphones, smartphones, wireless PDAs and pagers.

The brand or condition of the device doesn't matter, and the service is free. They also accept rechargeable batteries, chargers and other accessories. London Drugs has also committed to "bring back the pack" program.



Their in-store recycling program accepts packaging but also cellphones, batteries, disposable cam-

eras and small appliances (purchased at London Drugs).

Recycling fees might apply to items not purchased from the store.

Find out more about the program at LondonDrugs.org.

And before you purchase a new mobile device, check out Greenpeace's Guide to Greener Electronics.

It ranks the top 18 manufacturers of mobile

phones, computers, TVs and games consoles according to their policies on toxic chemicals, recycling and climate change.

To date, Nokia and Sony Ericsson are leading the pack with Microsoft, Nintendo and Toshiba picking up the rear.

See more at Greenpeace.org/electronics.



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A healthy belly is a happy one

► Meredith Deasley has turned food into thought, teaching parents the fundamentals of feeding their families

TURNING POINT

TERESA KRUIZE
LIFE@METRONEWS.CA

Her 18-month-old daughter was writhing on the floor in pain and Meredith Deasley

was desperate to bring her some relief. "We're going to fix this. I don't know what it is but we're going to fix this."

Meredith read every book on nutrition she could find.

She learned about food sensitivities and eventually became a registered pediatric nutritionist.

Today her eldest daughter is healthy, her younger daughter is thriving and Deasley says she is determined to show other parents how they can heal their children by watching what they eat.

"There are so many chil-



► Meredith Deasley

dren in the world that are suffering whose parents don't know that it's their

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digestive systems that need to be healed. The biggest culprit for attention deficit disorder is chemicals. For autism, the culprits are dairy or gluten. Epilepsy is aspartame and heavy metals."

Deasley wrote The Resourceful Mother's Secret

to Healthy Kids in 2002. Her research, teaching and methods have become a turning point not only for her family but others as well.

"I want parents to know they have the power to heal their children so that they have healthy lives."

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Stretch the summer pay

The new school year is the perfect time to get a fresh start, but it can also be an expensive time of year for students leaving for university or college. As the summer winds to a close, realizing just how much money you'll need for tuition, books and living expenses can be a real eye-opener — but it is possible to stretch your summer income throughout the school year. Here are some tips:

Start tracking your spending now

Most people have no idea



► Hitting the books doesn't have to mean breaking the bank.

how much money they spend in a month. Whether it's books or burgers, tracking your spending will help keep it in check so you don't run

out of cash before final exams. Free personal financial management tools like Mint.com track your spending, help plan budgets, and alert you if you've spent too much in a particular category, such as entertainment.

Consider your expenses and look at alternative solutions

If your budget is coming up short, start looking into some cost-saving options. For example, textbooks can be a huge expense, but if the course material hasn't changed from last year, buy used at half the price. Need furniture for your dorm room? Hit the garage sales or check online for deals on discounted or used items before heading to Ikea.

Fill your grocery cart with more, for less.

Start comparison-shopping by looking at flyers to find the best deals. Keep tabs on your grocery budget each week — and curb that expensive take-out in favour of a home-cooked meal. Mint.com users say they spend 40 per cent less eating out once they actually pay attention to what it costs.

NEWS CANADA

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GIVE ME SHELTER

ADOPTING A RESCUE ANIMAL IS A WONDERFUL THING TO DO, BUT BEFORE YOU START LOOKING, IT'S IMPORTANT TO DO YOUR HOMEWORK

And that includes finding a reputable shelter to work with.

A good shelter wants to find “forever” homes for its animals and will work hard to match you with the right animal

whether you're looking for a dog, cat or smaller animal.

The last thing a shelter wants to do is see an animal that has been adopted out, returned, says Shelley Hawley-Yan, director of Project Jessie, which is the animal rescue arm of the Animal Alliance of Canada.

Unfortunately there is no national legislation that regulates rescue organizations. In general, you'll find dogs and cats in most shelters and rescue organizations. But some specialize in certain dog breeds while others specialize in more unusual pets, such as rabbits, birds and even turtles.

Here are some characteristics of a reputable shelter.

- It has an adoption process that helps match you and the animal based on the pet's needs and personality. There's



JUPITER IMAGES/CREATAS/THINKSTOCK

probably a written application, a phone or in-person interview, and possibly a home visit.

- You'll have to sign a contract, which will stipulate your ownership responsibilities; also if the adoption doesn't work out, the animal will be returned to the shelter, says Hawley-Yan.
- The animals up for adoption may be placed in foster homes. While not all shelters do this, when foster homes are involved there may be a better understanding of the animal's personality (compared to animals that are caged).
- The shelter charges a reasonable adoption fee of between \$100 and \$300 average, says Hawley-Yan.
- Vet assessment and care is provided until the adoption; spaying/neutering is a requirement of the contract.

— Ylva Van Buuren

WHEN YOU ADOPT A PET...

1. It's a huge commitment of up to 20 years (smaller animals like gerbils have a much shorter lifespan).
2. Responsible pet ownership includes training and exercising your pet, licenses, health care — and always picking up after your dog.
3. Spaying and neutering is part of the deal.
4. There are on-going costs — and you're OK with that.
5. The best part — having a pet is unconditional love at its finest!

HAVE PET, WILL TRAVEL

“Lost dogs” — that's the number one problem we see when pets travel with their families, says Dr. Lloyd Keddie, president of the Canadian Veterinarian Medical Association and a vet at the North Peace Animal Hospital in Fairview, Alta.

They're let out for exercise in a strange area such as a campground, motel or airport ... and they get confused and disappear.”

Proper identification is at the top of the must-do list when you travel with pets and Keddie recommends micro-chipping your dog or cat (a common procedure, the vet uses a needle to place a little chip under the animal's skin). “If ID is on the collar only, it may be left behind if the collar comes off. With a microchip, all a vet has to do is scan the lost animal to

find out who the owner is.”

He recommends checking in with your vet before your trip. “Tell us where you're going ... and we'll look into whether there are any health concerns you should know about such as Lyme disease or heartworm.” There is medication and care instructions for example, if you are going to areas populated by ticks that carry Lyme disease.

Does your pet even want to travel? While cats generally do not like riding in cars, sometimes a dog will be happier staying home too, says Keddie.

Angela Wu at Pet Friendly Canada (petfriendly.ca), Calgary, says another one of the biggest mistakes pet owners make is not calling ahead to make sure pets are welcome at lodgings. “You should reserve pet-friendly rooms ahead because there may only be a few available.”

Be sure to read the pet policies, says Wu. Typically, accommodations charge \$10 to \$25 per night but price varies.

Some cities in Canada ban certain breeds — be sure to research this too.

Once you are there, Wu says you should never leave pets unattended in the room because some dogs get stressed in unfamiliar places and start barking.

“And don't sneak in your pets — that's a bad idea,” says Wu.

PACKING FIDO'S SUITCASE

- Medication
- Identification (usual tags on collar and microchip; add the phone number of where you're staying)
- Pet information envelope (photo, up-to-date vaccination certificate, phone number of your vet)
- Travel kit (food, water, bed, toy, leash, seatbelt for dogs)
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4
sports

Sports in brief



Darren Doucette had yet another home run last night, knocking his 12th of the Nova Scotia Senior Baseball League season out of the park in Dartmouth Moosehead Dry's 4-3 win over the host Kentville Wildcats.

Doucette is closing in on his 12th career home-run crown. Steve Nelson earned the win as first-place Dartmouth — headed to nationals in Chatham, N.B., starting Thursday — improved to 20-6.

● METRO



Scan code for more sports news.

Rainmen add two players via draft

The Halifax Rainmen started piecing together their roster by making two picks in last night's inaugural National Basketball League of Canada draft in Toronto.

The Rainmen selected six-foot-six Danny Friend with the sixth-overall pick in the free-agent draft, then used their second-round pick in one of two Canadi-

an rounds to select shooting guard Papa Oppong of Pickering, Ont., 11th overall.

Friend, who averaged 12.2 points and 7.7 rebounds as an NCAA Division II senior at Limestone College last season, is eager to get his start as a professional.

"I just got out of college

and I didn't expect to be playing (pro) ball so soon," he said. "But to be part of such a great program, I can't wait to get out there."

Friend said he's versatile enough to play any position.

"My big thing is, I love to win. ... Whatever the team needs, I'm ready," he said.

Oppong finished up his

Division I career at East Kentucky in 2009-10, averaging 11 points per game while shooting almost 45 per cent from three-point range.

"His (shooting) stroke is almost as sweet as Des'," Andre Levingston said, referencing former Rainmen all-star Desmond Ferguson. "With Des retiring, we

needed a shooter."

The Rainmen also selected five-foot-10 point guard Jerrell Thompson in the third round, 16th overall, but that pick was voided because Thompson is an American from Plainville, N.J. He will be invited to the Rainmen's camp as a free agent, Levingston said.

● MATTHEW WUEST

Huck strikes again

► League scoring leader lifts Dunbrack to third straight title

► Liz Cook earns shutout



MATTHEW WUEST
@METRONEWS.CA

Leanne Huck simply couldn't be stopped in the EastLink Premiership playoffs.

Already with a league-leading 19 goals and an MVP award in the regular season, the veteran Halifax Dunbrack striker stepped it up another notch on the weekend to help her squad win its third straight provincial women's soccer crown.

Huck scored twice in Friday's 4-0 semifinal triumph over Cape Breton and had the lone goal in yesterday afternoon's 1-0 win over Valley United in the final at Mainland Common.

"The team set me up a ton," said the Hatchet Lake native and former multi-sport star at Dalhousie. "I've just been a

"We got unlucky early — I think we hit six crossbars today — so it was good we were able to finish one of them."

LEANNE HUCK

little bit eager around the net ... and sometimes I can be a little selfish, too."

Huck has now scored 43 goals in 44 games over the past three regular seasons, while Dunbrack is headed to nationals from Oct. 5 to 10 in Brossard, Que., for a chance to win its second straight Jubilee Trophy.

"With this team, it's so exciting," Huck said.

"It's a great group of girls with a great coaching staff, and I wouldn't want to be going with anyone else."



► Leanne Huck sidesteps a tackle from Valley United's Cathleen Bleakney yesterday.

Suburban knocks off champs, will face City in men's final

A new EastLink Premiership men's champion will be crowned tomorrow night at Mainland Common.

Suburban FC knocked off Halifax Dunbrack, the defending champs, 1-0 in yesterday's second Page playoff semifinal, and will face Halifax City in tomorrow's final starting at 6:30

p.m. at Mainland Common.

Golden Boot Award-winner Ian Greedy scored the game's lone goal and keeper Jason Ross had the shutout.

City is hoping for a return to dominance. It had won six of seven provincial banners before struggling last year and missing the playoffs completely.

MVP

Striker Dylan Sheehan of Halifax City was named EastLink Premiership men's MVP on Friday after finishing the season with six goals.

● METRO

Sports in brief

New Glasgow driver wins

AUTO RACING. New Glasgow's George Koszkulics won the Lucas Oil 100 at Riverside International Speedway near Antigonish on Saturday. Darren MacKinnon of Charlottetown and Craig Slaunwhite of Terence

Bay rounded out the top three in the Parts for Trucks Pro Stock Tour event. ● METRO

Canadians on a roll

BASEBALL. The Halifax Pelham Molson Canadians have won four straight games after a Saturday sweep of the Truro Bearcats in a Nova Scotia Senior Baseball League doubleheader. ● METRO

Canadian paddlers nab 3 Olympic quota spots

Mark De Jonge of Halifax earned an Olympic quota spot for Canada with his sixth-place finish in the men's K-1 200 metres at the world sprint canoe-kayak championships in Szeged, Hungary, yesterday.

"It was a very satisfying race," said De Jonge. "It was a good feeling to deliver when it was time."

Canada earned three quota spots in all. The final chance to gain spots will be at the Pan American Games in October in Mexico.

Kayaker Adam van Koevorden of Oakville, Ont., highlighted the event with a win in the K-1 1,000 on Friday.

Dartmouth's Ben Russell was the only other Nova Scotian to advance to an A final. He placed eighth in the C-2 500 and seventh in the C-4 1,000.

THE CANADIAN PRESS/METRO

Pre-season: Mooseheads building a winning attitude

► Herd has at least half a dozen cuts left to make from 32 players left on roster



MATTHEW WUEST
@METRONEWS.CA

The Halifax Mooseheads are setting a winning tone in the QMJHL pre-season.

The Mooseheads pulled off a home-and-home sweep of the rival Cape Breton Screaming Eagles in their first games of the year, beating them 4-0 yesterday in Sydney and 4-1 at the Halifax Forum on Saturday.

While it's only exhibition play, it's exactly what the franchise hoped for after three tough seasons.

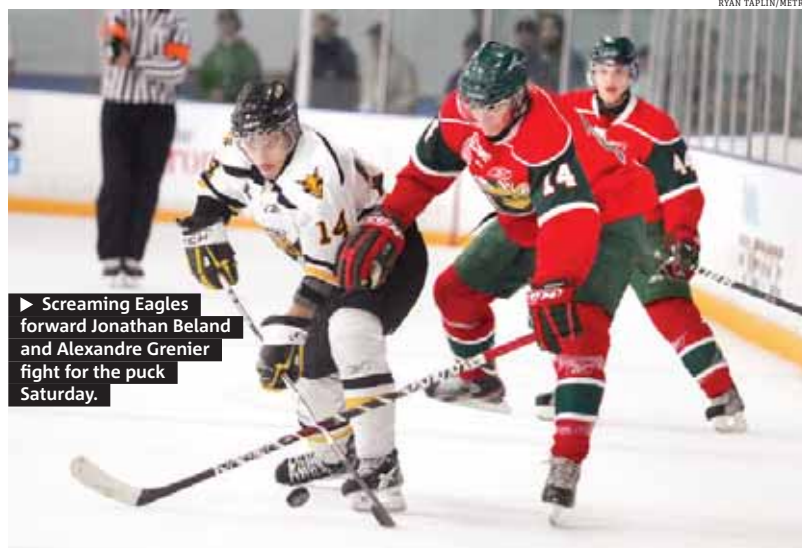
"We're building that attitude where every time we put on the jersey, we're going for a win," said Mooseheads head coach

Herd notes

- Veteran forward Gabriel Desjardins is expected to resume full-contact practice today.
- The team could announce a few more cuts today, with Quebec's high-school deadlines looming large.

Dominique Ducharme.

It was a great weekend for the team defensively as four goaltenders looked sharp while sharing time in the victories. Rookies Zach Fucile and Marc-Olivier Daigle and veteran Frederic Piche all pitched half-game shutouts, while Anthony Terenzio surrendered the lone goal on Saturday.



► Screaming Eagles forward Jonathan Beland and Alexandre Grenier fight for the puck Saturday.

RYAN TAPLIN/METRO

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Police seek leads in NFL post-game shootings

Police interviewed witnesses and looked for suspects yesterday after two men were shot and wounded following a San Francisco 49ers-Oakland Raiders pre-season game, while the NFL and the mayors of the two cities jointly called for an end to "intimidation" and acts of violence at sporting events.

Saturday night's shooting in the parking lot at Candlestick Park in San Francisco evoked memories of another recent disturbing act of post-game violence involving two rival California pro-sports teams — the near-fatal beating this spring of a San Francisco Giants fan outside Dodger Stadium.

In Saturday's attacks, a 24-year-old man, who reportedly was wearing a "F— the Niners" T-shirt, remained hospitalized in serious condition yesterday after being shot several times in the stomach. He managed to stumble to Candlestick Park stadium security for help despite the severe injuries, police said.

A second victim, a 20-year-old man, was treated for less serious wounds in a separate shooting, also after the game.

Sgt. Mike Andraychak said no arrests have been made and that police are looking for "a person of interest" connected to at least one of the shootings. He would not specify which shooting.

A motive for either attack — including whether

"Fans come to our stadiums to enjoy an afternoon of football, not to be subjected to intimidation or violence. These games are family events and the types of images we witnessed last night have no place in our arenas."

SAN FRANCISCO MAYOR ED LEE AND OAKLAND MAYOR JEAN QUAN ON THE POST-GAME VIOLENCE

either was influenced by emotions surrounding a game involving fiercely rival teams — also wasn't known.

Apart from the shootings, a third victim, a 26-year-old man, was also hospitalized in serious condition yesterday after he was knocked unconscious in a stadium bathroom during the game. That attack appeared unrelated to the other two, police said.

The victims' names have not been released as the violent spree overshadowed the 49ers' 17-3 victory over the Raiders.

NFL spokesman Greg Aiello echoed said "we deplore the activities of a handful of fans at last night's game and pledge our full support to Mayors (Ed) Lee and (Jean) Quan and to state and local law enforcement agencies."

THE ASSOCIATED PRESS

Off to a great start

- Luis Perez perfect through five innings in his first big-league start
- Jose Bautista hits 36th homer to give Blue Jays win over Athletics

DINO VOURNAS/THE ASSOCIATED PRESS



► Luis Perez pitches against the Athletics yesterday.

So confident in his sinker-ball starter, Toronto manager John Farrell left Luis Perez in the game to get out of his own bases-loaded jam with the game on the line.

Perez calmly took care of it — composed, as if he'd done this many times before.

Perez pitched six brilliant innings in his first big-league start and combined with Casey Janssen on a one-hitter, and Jose Bautista connected for his majors-best 36th home run to send the Blue Jays over the Oakland Athletics 1-0 yesterday.

"I felt great. I wasn't feeling tired," Perez said through his translator, Blue Jays coach Luis Rivera. "I was happy he had the confidence in me to pitch and finish the in-



ning with the bases loaded."

Bautista broke up a scoreless game with a deep drive into the left-field bleachers on the 10th pitch he saw from Guillermo Moscoso (6-7) leading off the seventh.

Perez (3-2) didn't allow an A's runner until Cliff Pennington drew a five-pitch walk to start the

sixth. Jemile Weeks later singled up the middle to load the bases, but Perez induced an inning-ending double play by Coco Crisp with his final pitch.

Perez had made 29 relief appearances this season and was a starter throughout his minor-league career.

"He's a confident kid," catcher J.P. Arencibia said. "If he's going to get beat, he's going to get beat attacking guys."

The 26-year-old left-hander — Oakland's ninth opposing lefty starter in 14 games — struck out four and walked two while throwing 80 pitches. He baffled Oakland's hitters with a fastball that moved and also mixed in his changeup.

Pretty good for a guy who hadn't gone more

than four innings since May 15 while in triple-A. For his career, he had only eight appearances of two or more innings in the big leagues.

Perez said he didn't think about being perfect or his no-hit bid, but rather to keep going after the Oakland batters.

"I hadn't started a game and I didn't know how far I was going to go," Perez said. "Mentally I stayed strong. Each inning I pitched better and better. I kept attacking hitters and throwing strikes."

Janssen struck out five in three innings, earning his second save in three chances this season and ninth of his career. Closer Frank Francisco warmed up but his shoulder stiffened up and he couldn't go. **THE ASSOCIATED PRESS**

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ANNOUNCEMENTS

Anniversaries

Lawrence & Kathy
Englehart

Celebrate their
30th wedding
anniversary on
August 22, 2011.
The loving couple
married in
Springhill, Nova
Scotia at the
Springhill Baptist
Church in 1981, a
church re-built by Kathy's grandfather Herald
Corkum. The couple will celebrate with their
friends and family, including their children
Matthew and Sarah. Here is to many more
years of love, laughter and family.

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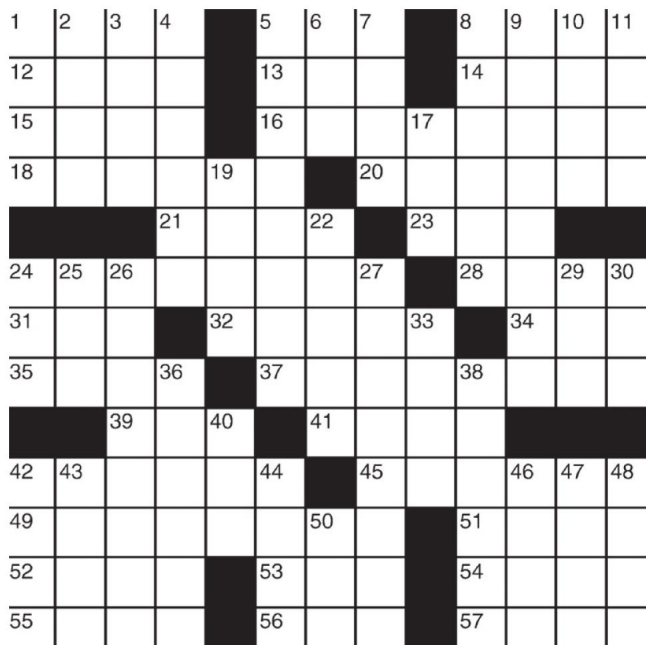
Crossword

Across

- 1 Reason to scratch
5 Droop
8 "Arrivederci, —"
12 "Scat, gnat!"
13 Oklahoma city
14 Dutch cheese
15 Admonition to Nanette
16 Popular board game
18 Cold, treeless terrain
20 Folklore figures
21 Part mine, part yours
23 Consumed
24 Obelisk, e.g.
28 Use a swizzle stick
31 Paid athlete
32 Continental money
34 Historic period
35 Mannered man
37 Pocket embroidery, maybe
39 Scatter seeds
41 Horseback game
42 Headache aid
45 Deodorant type
49 Carbon —
51 Queen of Carthage
52 As well
53 Regret
54 Love child?
55 Encounter
56 — Angeles
57 Quaint "not"

Down

- 1 "— that cute?"
2 Biblical pronoun
3 Mass. neighbor
4 Hex

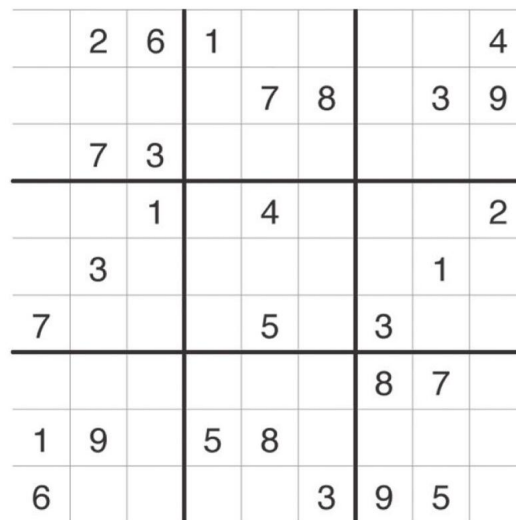


- 5 Metal used in magnets
6 Commotion
7 Group of hoodlums
8 Moves a fern, maybe
9 Device measuring distance traveled
10 Having XY chromosomes
11 Poehler and Adams
17 — shoestring
19 Regulation
22 Razor sharpener
24 Gasoline stat
25 Raw rock
26 Baloney
27 Award winners
29 A Gershwin
30 Aries
33 Unaccompanied
36 Additionally
38 — Gate Bridge
40 Candle material
42 Mosque VIP
43 Composer Porter
44 Young female
46 Old Italian money
47 Smell
48 Inquisitive
50 Pair on stage

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

6	1	9	8	5	4	2	3	7
5	2	3	7	1	9	4	6	8
4	8	7	2	3	6	9	5	1
2	6	5	3	9	1	7	8	4
1	3	8	4	2	7	6	9	5
7	9	4	5	6	8	3	1	2
9	7	2	6	8	5	1	4	3
3	5	1	9	4	2	8	7	6
8	4	6	1	7	3	5	2	9

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

My Princess - Sweetie, how r you? Why r u mad at me? You know I love you n miss you crazy. Hopefully things are OK with you. How much I miss that lovely face, blue eyes n big smile of you, you have no clue! Take care pl...have lovely weekend. Sending you love, kiss, hugs n prayers. Sleep well, lots of rest pl. FROM MISSING MY HEARTBEAT

Alyssa B without saying anything. The way you hug me. The way your smile brightens the room. The way we have the most fun random times together. The way you say you miss me after not seeing me for only a couple of days. The way you let me hold your hand. The way you care so much about me. The way you dress. The way you sing in the car. Everything you do makes me fall for you. and I don't think you have a clue! FROM ERIC M

Today



Tuesday



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Today's horoscope

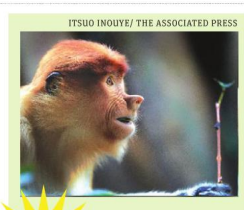
♈ **Aries** March 21-April 20 A parting of the ways looks increasingly likely and if you are smart you won't try to stop it.
♉ **Taurus** April 21-May 21 You can sense that your life is about to become a lot more fun — and you're right, it is.
♊ **Gemini** May 22-June 21 Most of the time your head rules your heart but today your feelings will be much more intense than usual.
♋ **Cancer** June 22-July 22 You will make more sense of your life when the Sun changes signs to-

morrow.
♌ **Leo** July 23-Aug. 23 Watch what you spend over the next 24 hours — you're going to need every last cent.
♍ **Virgo** Aug. 24-Sept. 22 The Sun moves into your birth sign tomorrow. Is that good news? Too right!
♎ **Libra** Sept. 23-Oct. 23 You seem rather unsure of yourself at the moment. Why is that?
♏ **Scorpio** Oct. 24-Nov. 22 Before you commit yourself to something new make sure you have a get-out clause, because what looks

For today's crossword answers and for expanded horoscopes, go to metronews.ca

like a great deal today won't look so good tomorrow.
♐ **Sagittarius** Nov. 23-Dec. 21 If you are a Sagittarius with big ambitions you could hardly ask for a better cosmic set-up.
♑ **Capricorn** Dec. 22-Jan. 20 Your confidence is on the rise
♒ **Aquarius** Jan. 21-Feb. 18 Make the most of the week to come because the Sun's change of signs will bring new openings and opportunities.
♓ **Pisces** Feb. 19-March 20. You could probably do with a rest. So have one. ● SALLY BROMPTON

Caption contest



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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